

# What is the relationship between the intake of vegetable protein, including soy protein and chronic disease? (DGAC 2010)

## Conclusion

Few studies are available and the limited body of evidence suggests that vegetable protein intake does not offer special protection against type 2 diabetes, coronary heart disease and selected cancers.


## Grade: Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

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## Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between the intake of vegetable protein, including soy protein, and chronic disease?](#)

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## Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Vegetable protein: What is the relationship between the intake of vegetable protein and/or soy protein and selected health outcomes?](#)